

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

We can all claim to be a “wee bit” Irish on St. Patrick’s Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano’s in Wrentham for our St. Pat’s Day celebration on Thursday, March 13th from 11:30 a.m. to 3:30 p.m. You’ll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don’t have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by “John Connors Irish Express.” The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van riders upon request. The sign-up for this celebration will begin on January 15th, so please call the senior center at 508-543-1252 if you’d like to attend. Payment will be due on Friday, February 14th.

Monday, January 6

Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 p.m.
Book Club 11:00 a.m.
Podiatrist 12:00 noon
Knitting Class 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, January 7

Stretch & Balance today 8:30 a.m.
SHINE 10:00 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.
Bingo 2:00 p.m.

Wednesday, January 8

Strength Training 8:30 a.m.
NO Chorus Today
Video Lecture Series – History of the U.S., Part 2 11:30 a.m.
Zumba Make-up Class 1:00 p.m.
Walmart 1:00 p.m.

Thursday, January 9

Ceramics 9:00 a.m.
Italian 1 Class 11:00 a.m.
Gary Hylander – Lecture on Harriet Beecher Stowe 1:00 p.m.
Advanced Italian Class 1:00

Friday, January 10

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Card Making 11:00 a.m.
Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

PRE-DIABETES SCREENING

On Friday, January 31st from 9:00 to 11:30 a.m. there will be a Pre-Diabetes Screening at the senior center. This program is provided by the VNA Care Network, Inc. to persons aged 60 and older and it is funded by a grant through HESSCO Elder Services. The purpose of the program is to help prevent or delay the onset of type 2 diabetes. This is accomplished through screening, rescreening, education and interventions. The nurse

assesses and screens the client to determine their risk and will work with at-risk clients to help develop a realistic lifestyle changes and set short term goals. Further appointments are scheduled with the client either face-to-face or over the telephone to provide education, counseling, problem solving, encouragement and support. The initial screening/rescreening involves fasting glucose, blood pressure, cholesterol, Body Mass Index and waist measurement. If you are interested in taking part in this free Pre-Diabetes Screening, please call the senior center at 508-543-1252 to set up an appointment.

MEMA's STEPS FOR AFTER A WINTER STORM

According to the director of the Massachusetts Emergency Management Agency (MEMA), "Once the initial impact of a winter storm has subsided, there are still many additional challenges to be faced from snow removal to power restoration." Taking the following precautions will help you and your family after a winter storm: do not become a "spectator" and continue to stay off roads to allow plowing and clean-up operations to proceed: be careful when shoveling snow – over –exertion can bring on a heart attack; clear exhaust vents from Direct Vent Furnace Systems to avoid carbon monoxide poisoning and never run an automobile until the exhaust pipe has been cleared of snow; help dig out fire hydrants and storm drains in your neighborhood; dress in several layers of loose-fitting, warm and water repellant clothing rather than heavy clothing; avoid parking too close to corners to allow plows to maneuver safely; beware of children playing in the streets; safely remove the amount of snow on roofs; in order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment and be sure to leave one light on so you will know when power is restored; never approach a downed power line; don't touch anything that power lines are touching; make sure you always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries and a first aid kit; if pipes freeze, remove insulation, open faucets and pour hot water over the pipes; snow can be melted for an additional water source; call the Information Telephone Service 2-1-1 for non-emergency storm-related questions, and; be a good neighbor by checking with elderly relatives and neighbors. For additional information on Winter Preparedness, go to the MEMA website at www.mass.gov.mema.

NEW PROGRAMS

VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES Part 2

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History of the United States Part 2" on Wednesdays beginning January 8th through May 7th from 11:30 a.m. through 12:30 p.m. at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19th century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. The Great Courses lecture series is touted as "pure intellectual stimulation" by *Havard Magazine* and a "serious force in American education" by *The Wall Street Journal*. Please call us at 508-543-1252 if you'd like to join us for this great informational opportunity. Watch for other series to follow!

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street to sign-up for the aquatics classes that are held at the beautiful YMCA/Invensys Foxboro branch which is located at 67 Mechanic Street in Foxboro. Classes are \$5 each and payment is due at the time you sign up. You must also choose which day of the week you will be attending classes, per the YMCA's policy. This session runs from January 2nd through February 16th. The Aqua Aerobics classes are held on Mondays, Wednesdays and Fridays at 12:10 p.m. The Aqua Aerobics classes with certified Arthritis Foundation instructors are held on Tuesdays and Thursdays at 8:00 a.m. If you have any questions, please call us at 508-543-1252.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can

deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SPECIAL EVENTS AND PROGRAMS

MEN'S BREAKFAST

Our next Men's Breakfast at the senior center will be held on Thursday, January 23rd at 9:00 a.m. This month's guest speaker will be Register William P. O'Donnell of the Norfolk County Registry of Deeds. Following breakfast, the Register will discuss the historical nature of the Registry and his ongoing efforts to modernize and computerize the vast number of Norfolk County real estate records. He will also address the Massachusetts Homestead Act. After the presentation, the Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check any other filing. The cost for the breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1252 to sign up. As always, after breakfast has been served, everyone is welcome to join us for the speaking portion of the program at no cost.

GARY HYLANDER HISTORY SERIES

Our favorite history professor, Dr. Gary Hylander, will be back at the senior center on January 9th to present an informational lecture on Harriet Beecher Stowe, author of "Uncle Tom's Cabin." The wife of a minister, Mrs. Stowe wrote "Uncle Tom's Cabin" to express her outrage over the Fugitive Slave Law of 1850 and the malignant influence of the "slave power conspiracy." Uncle Tom's Cabin was the most widely read novel of the 19th century and the first American book to sell over one million copies. Praised and attacked from all sides, the novel follows the journey of Tom, a slave sold from a Kentucky plantation into the deep South. Once there, he was purchased by the brutal planter, Simon Legree, who to this day remains a dark villain in American literary history. This program is offered in partnership with Sage Educational Services. Our lecturer, Dr. Hylander, is a Professor of History at Stonehill College. He is a frequent lecturer at historical societies, libraries and professional organizations. If you are interested in joining us on Thursday, January 9th at 1:00 p.m. for this program, please call us at 508-543-1252 to sign up.

ZUMBA CLASSES

Zumba classes are scheduled again at the senior center for four sessions beginning on January 15th. Come and learn some Latin dance moves with us, and join us as we have fun while getting into shape for the new year! You will learn to move your hips to the Latin beat as our YMCA instructor Lorrain Brue leads us in this fun fitness program. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Classes will be held from 1:00 p.m. to 2:00 p.m. on the following Wednesday afternoons: January 15, 22, 19 and February 5. The cost for these four classes will be \$8.00, with payment due by the start of the first session.

SENATOR TIMILTY OFFICE HOURS

State Senator James Timilty will be at the senior center to meet with residents on Monday, January 13th from 9:00 a.m. to 10:30 a.m. This is your opportunity to meet with Senator Timilty in a casual setting and have him answer any questions you may have.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, January 27th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On Wednesday, January 8th and Thursday, January 9th,

the Senior Center Holiday Party at Lakeview Pavilion will be the featured program. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED **BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, January 6th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, January 7th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

The next Movie Day is scheduled for Tuesday, January 14th at 12:30 p.m. It's a great time to take in a good movie with friends at the senior center. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie adaptation of Paul Torday's best-selling novel "Salmon Fishing in the Yemen" starring Kristin Scott Thomas, Ewan McGregor and Emily Blunt. According to the review in Amazon, this film features dedicated anglers and Middle Eastern vistas, but is a screwball comedy at heart. The British Prime Minister's press secretary (Thomas) sets the story in motion when she reads about a fabulously wealthy sheik who longs to bring fly-fishing to the dessert. She believes that cooperation with his country would be good for Britain's image, while the sheik has more altruistic goals in mind. This leads her to mild-mannered fisheries expert Alfred Jones (McGregor) who feels certain the endeavor is pure fantasy until the sheik's land agent (Blunt) brings him surprising data about the region. Initially, the two are all business as they devise a plan to create a stocked lake in the middle of the dessert, but their feelings for each other begin to rise to the surface. Just as their impossible dream appears to be coming true, a series of unexpected developments threatens the entire enterprise. If you'd like to join us for this movie, please call the senior center at 508-543-1252.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 16th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, January 15th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 8 - Walmart

January 15 - Target

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board Certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. His next visit will be on Monday, January 6th. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to arrange for a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, January 14th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

STURDY MEMORIAL HOSPITAL'S SUPPORT GROUPS AND PROGRAMS

The following programs are offered by Sturdy Memorial Hospital: **"Knee Pain: What you Should Know and What Can Be Done"** presented by Dr. Saul Magitsky on Wednesday, January 15 from 5 to 6 p.m. at Sturdy Orthopedic & Sports Medicine Associates located at 281 County Street in Attleboro. To register by Friday, January 10, please call 508-236-8020; **Sleep Apnea Informational Session and C.P.A. P. Fair** – a free fair held on Thursday, January 16 from 7 to 9 p.m. in the Hospital's Auditorium. For more information or to register, call Respiratory Care at 508-236-7550, and; **Heart Health Fair** on Friday, February 7 from 7 to 10:30 a.m. in the Hospital Conference Rooms A, B & C and F. & G. For more information or to register for tests, please call 508-236-8555. For more information about Sturdy's programs and support groups, visit the website at www.sturdyhospital.org.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on January 7th and 16th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your

health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

PUBLIC SAFETY INFORMATION

MEMA ISSUES ICE SAFETY PRECAUTIONS

As temperatures drop, and bodies of water throughout the area begin to freeze over, the Massachusetts Emergency Management Agency (MEMA) has issued information regarding safety precautions to be taken on our frozen lakes, rivers and ponds. MEMA recommends that you always check with your local police, fire or park department to ensure that safe ice conditions exist before venturing out on the ice for skating, hockey, ice fishing and other winter sports. MEMA recommends you be aware of the following: never go onto the ice alone; always keep your pets on a leash; new ice is usually stronger than old ice, and as ice ages, the bond between the crystals decays, making the ice weaker; beware of ice covered with snow that may be insulating the ice to keep it from freezing; slush is a danger sign that indicates the ice can be weak or deteriorating; ice formed over flowing waters is generally 15% weaker; ice seldom freezes or thaws at a uniform rate; if a companion falls through the ice and you are unable to reach that person from shore, throw them something if possible, go for help or call 9-1-1; if you fall in, try not to panic, turn toward the direction from which you came, place your hands and arms on the unbroken surface and work forward by kicking your feet, and once you are out of the water, remain lying on the ice and roll away from the hole. By following safety procedures, you can be safe and enjoy the many winter activities offered by the great outdoors. MEMA has developed a winter safety series and copies are available at the senior center.

CYBER ALERT

MAN-IN-THE-MIDDLE ATTACK

A Man-in-the-Middle attack (often abbreviated as MITM or MIM) is a type of cyber attack known as “session hijacking” where a cyber criminal inserts him/herself into a conversation between two parties, impersonates “both” parties and gains access to information that the two parties were trying to send each other. A Man-in-the-Middle attack allows a cyber criminal to intercept, send and receive data meant for someone else, or not meant to be sent at all, without either outside party knowing about it until it is too late. If you have ever been away from work/home with your laptop PC or iPad-like device and connected to an unknown near-by Wi-Fi network that was accessible to you without the need for login credentials, you may have exposed yourself to a Man-in-the-Middle attack. The single most effective way to avoid becoming a MITM victim is TO not to connect to Wi-Fi networks, particularly those that are free of charge. If this cannot be avoided, then conduct your activities as if someone is listening in and don’t engage in any financial activities or anything else that requires login credentials. Limit yourself to less risky activities, such as internet searches, playing games and reading.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 6

Vegetarian Chili

Dirty Rice

Whole Wheat Roll

Mixed Fruit

Tuesday, January 7

Meatloaf with Onion Gravy

Whipped Potato with Chives

Peas
Wheat Bread
Pears

Wednesday, January 8

Teriyaki Chicken Breast
Noodles
Tahitian Veggies
Multigrain Roll
Apple Crisp

Thursday, January 9

Baked Ham with Raisin Sauce
Delmonico Potato
Beets
Muffin
Strawberry Cup

Friday, January 10

Potato Crunch Fish
Tartar Sauce
Lyonnais Potato
Mixed Vegetable
Wheat Bread
Fresh Fruit